

## DIABETES MANAGEMENT PLAN

Name: \_\_\_\_\_ Birth date: \_\_\_\_\_ Medicaid Number: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Not Done

YOUR GOAL

|                               |                |                          |                                      |
|-------------------------------|----------------|--------------------------|--------------------------------------|
| Your weight is:               | _____ pounds   | <input type="checkbox"/> |                                      |
| Your blood glucose(sugar) is: | _____ mg/dl    | <input type="checkbox"/> | Pre-meal ____; 2 hr post meal < ____ |
| Your A1C is:                  | _____ %        | <input type="checkbox"/> | Less than _____                      |
| Your blood pressure is:       | ____/____ mmHG | <input type="checkbox"/> | Less than _____                      |
| Your total cholesterol is:    | _____ mg/dl    | <input type="checkbox"/> | Less than _____                      |
| Your LDL-C is:                | _____ mg/dl    | <input type="checkbox"/> | Less than _____                      |
| Your HDL-C is:                | _____ mg/dl    | <input type="checkbox"/> | Greater than _____                   |
| Your triglycerides are:       | _____ mg/dl    | <input type="checkbox"/> | Less than _____                      |

➤ Things for you to do:

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You need blood or urine tests for: ☐ A1C (every 3-6 months) ☐ Urine microalbumin (annual)  
☐ Fasting lipids, "cholesterol" (annual) ☐ Other \_\_\_\_\_

You need to make an appointment for: ☐ Diabetes dilated eye exam (annual)

You need shots for: ☐ Flu (prevention of) ☐ Pneumonia (prevention of)

You need education for: ☐ Meal plan ☐ Insulin start ☐ Blood glucose monitoring  
☐ Per assessed needs \_\_\_\_\_

➤ Please schedule your next appointment in \_\_\_\_\_

I have read, understand and have received a copy of these instructions:

\_\_\_\_\_  
Patient or Guardian's Signature

\_\_\_\_\_  
Provider's or Designee's Signature

*Together for Quality*

(Use for Type 2 Diabetics and for Type 1 Diabetics ≥ 16 years of age)

## DIABETES MANAGEMENT PLAN

### EMERGENCY PREPARATION

Many things can cause your blood sugar to fall dangerously low (**hypoglycemia**), including taking too much insulin, missing or delaying a meal, not eating enough food for the amount of insulin you've taken, exercising very strenuously, and drinking alcohol, especially on an empty stomach. After having diabetes for several years, many people develop **hypoglycemia unawareness** -- they lose the ability to detect the onset of hypoglycemia. Risk factors include frequent hypoglycemia, nerve damage, and intensive insulin therapy.

For this reason, it's crucial to involve others in your emergency plans. Train family members, coworkers, and friends to **spot the signs of hypoglycemia**, especially moderate to severe symptoms, because you may not be able to ask for help in an emergency. **Make sure even small children know how to call 911 for you.**

|   |  |      |       |         |        |                   |           |  |   |                      |                        |                      |                       |                               |  |                           |  |  |  |  |  |   |  |
|---|--|------|-------|---------|--------|-------------------|-----------|--|---|----------------------|------------------------|----------------------|-----------------------|-------------------------------|--|---------------------------|--|--|--|--|--|---|--|
| Emergency contact (spouse, parent, relative, or friend):<br>_____<br>_____<br>Local hospital or emergency room: _____<br>_____  | Ambulance: _____<br>Known reactions to drugs, additives, or foods:<br>_____<br>_____   |      |       |         |        |                   |           |  |   |                      |                        |                      |                       |                               |  |                           |  |  |  |  |  |   |  |
| <p style="color: red; margin: 0;">In case of any life-threatening emergency, CALL 911</p>   |  |      |       |         |        |                   |           |  |   |                      |                        |                      |                       |                               |  |                           |  |  |  |  |  |   |  |
| <b>Hypoglycemia Warning Signs</b>   | <b>What to Do</b>  |      |       |         |        |                   |           |  |   |                      |                        |                      |                       |                               |  |                           |  |  |  |  |  |   |  |
| <p>If your blood sugar is below 70 mg/dl, your blood sugar is low (you have hypoglycemia).</p> <p>With <b>mild hypoglycemia</b> you may feel:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">hungry</td> <td style="width: 50%;">weak</td> </tr> <tr> <td>shaky</td> <td>anxious</td> </tr> <tr> <td>sweaty</td> <td>your heart racing</td> </tr> <tr> <td>irritable</td> <td></td> </tr> </table> | hungry   | weak | shaky | anxious | sweaty | your heart racing | irritable |  | <p>If possible, test your blood glucose.</p> <ol style="list-style-type: none"> <li>1. <b>Eat or drink 15 grams of carbohydrate</b> to raise your blood glucose by 50 points. Examples:           <table style="width: 100%; border: none; margin-top: 5px;"> <tr> <td style="width: 50%;">Four ounces of juice</td> <td style="width: 50%;">Four to six Lifesavers</td> </tr> <tr> <td>One cup of skim milk</td> <td>Three glucose tablets</td> </tr> <tr> <td>Half a can of soda (NOT diet)</td> <td></td> </tr> <tr> <td>One packet of glucose gel</td> <td></td> </tr> </table> </li> <li>2. After 15 to 20 minutes, check to make sure your blood glucose is above 80 mg/dl. If it's still low, repeat with 15 grams more.</li> <li>3. If you won't be eating a meal within one hour, eat a snack that has some protein and carbohydrate. Examples:           <table style="width: 100%; border: none; margin-top: 5px;"> <tr> <td style="width: 50%;">Half a sandwich with one ounce of meat or cheese</td> <td style="width: 50%;"></td> </tr> <tr> <td>One ounce of cheese and six saltine crackers</td> <td></td> </tr> <tr> <td>Two tablespoons of peanut butter with graham crackers or some bread</td> <td></td> </tr> </table> </li> </ol> | Four ounces of juice | Four to six Lifesavers | One cup of skim milk | Three glucose tablets | Half a can of soda (NOT diet) |  | One packet of glucose gel |  | Half a sandwich with one ounce of meat or cheese |  | One ounce of cheese and six saltine crackers |  | Two tablespoons of peanut butter with graham crackers or some bread |  |
| hungry  | weak   |      |       |         |        |                   |           |  |   |                      |                        |                      |                       |                               |  |                           |  |  |  |  |  |   |  |
| shaky   | anxious  |      |       |         |        |                   |           |  |   |                      |                        |                      |                       |                               |  |                           |  |  |  |  |  |   |  |
| sweaty  | your heart racing  |      |       |         |        |                   |           |  |   |                      |                        |                      |                       |                               |  |                           |  |  |  |  |  |   |  |
| irritable   |  |      |       |         |        |                   |           |  |   |                      |                        |                      |                       |                               |  |                           |  |  |  |  |  |   |  |
| Four ounces of juice  | Four to six Lifesavers   |      |       |         |        |                   |           |  |   |                      |                        |                      |                       |                               |  |                           |  |  |  |  |  |   |  |
| One cup of skim milk  | Three glucose tablets  |      |       |         |        |                   |           |  |   |                      |                        |                      |                       |                               |  |                           |  |  |  |  |  |   |  |
| Half a can of soda (NOT diet)   |  |      |       |         |        |                   |           |  |   |                      |                        |                      |                       |                               |  |                           |  |  |  |  |  |   |  |
| One packet of glucose gel   |  |      |       |         |        |                   |           |  |   |                      |                        |                      |                       |                               |  |                           |  |  |  |  |  |   |  |
| Half a sandwich with one ounce of meat or cheese  |  |      |       |         |        |                   |           |  |   |                      |                        |                      |                       |                               |  |                           |  |  |  |  |  |   |  |
| One ounce of cheese and six saltine crackers  |  |      |       |         |        |                   |           |  |   |                      |                        |                      |                       |                               |  |                           |  |  |  |  |  |   |  |
| Two tablespoons of peanut butter with graham crackers or some bread   |  |      |       |         |        |                   |           |  |   |                      |                        |                      |                       |                               |  |                           |  |  |  |  |  |   |  |
| <p>If you have any of these symptoms, your head and brain are starting to be affected by <b>moderate hypoglycemia</b>:</p> <p>difficulty concentrating<br/>         confusion<br/>         headache<br/>         numbness and tingling around the lips</p>  | <ol style="list-style-type: none"> <li>1. <b>Eat 30 grams of carbohydrate.</b> (Double what you'd take for mild hypoglycemia).</li> <li>2. After 15 to 20 minutes, check to make sure your blood glucose is above 80 mg/dl. If it's still low, repeat with 15 to 20 grams more.</li> <li>3. If you won't be eating a meal within one hour, eat a snack that has some protein and carbohydrate.</li> </ol>  |      |       |         |        |                   |           |  |   |                      |                        |                      |                       |                               |  |                           |  |  |  |  |  |   |  |
| <p>Signs of <b>severe hypoglycemia</b> can include:</p> <p>confusion<br/>         severe behavior change, which may include combativeness<br/>         unconsciousness<br/>         seizures</p> <p>Many people are awake and appear alert, however they may not be able to answer simple questions and often can't tell others what is wrong.</p>  | <p><b>In this situation, you'll always need immediate help from others.</b> (If you're alone, <b>call 911</b> for help and eat at least 30 grams of carbohydrate).</p> <p><b>If you're conscious and there are people with you</b>, they should feed you at least 30 grams of carbohydrate.</p> <p>After 15 to 20 minutes, they should check your blood glucose. If it's still below 80 mg/dl, they should repeat with 15 to 30 grams more.</p> <p><b>If you lose consciousness</b>, someone should <b>call 911</b> immediately.</p> |      |       |         |        |                   |           |  |   |                      |                        |                      |                       |                               |  |                           |  |  |  |  |  |   |  |